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KAL PENN

Actor talks hosting new Amazon docuseries. 14

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How 'Crazy Rich Asians' changed the game. 15

Rangers continue stacking future assets while Islanders hold firm at NHL trade deadline. 19

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NEVER FORGETTING SEPT. 11'S HEROES

Jon Stewart joined New York lawmakers in D.C. on Monday, calling for Congress to continue funding for the September 11th Victim Compensation Fund. 4

GETTY IMAGES

5 THINGS TO KNOW

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KRISTIN TOUSSAINT, REPORTER

Many Sept. 11 first responders have been diagnosed with cancers or other illnesses from exposure to Ground Zero toxins, and others have since died, leaving families without loved ones. It feels like people are forgetting, they say, especially as the September 11th Victim Compensation Fund announced it would drastically cut compensation awards. On Monday, the New York delegation introduced a bill to prevent that from happening, and first responders and their families turned out in droves in Washington to support it. Read more about the bill inside and at **metro.us.**

Lawsuit: Trump kissed worker without her consent

1 A woman who worked on Donald Trump's presidential campaign sued the president on Monday, accusing him of kissing her without consent before a 2016 rally in Tampa, Florida. Alva Johnson said in the lawsuit, filed in U.S. District Court in Florida's Middle District, that the alleged incident was "part of a pattern of predatory and harassing behavior towards women" by Trump. "This accusation is absurd on its face," White House spokeswoman Sarah Sanders said in a statement. "This never happened and is directly contradicted by multiple highly credible eyewitness accounts." Trump has denied charges by a number of women who said he had groped and kissed them over a period of years without permission. The lawsuit alleges the encounter occurred inside a campaign RV before a rally on Aug. 24, 2016.

Man receives under-skin chip implant at live show

2 A man volunteered to have a chip inserted under his skin live onstage at a trade fair in Barcelona on Monday, and another man who had already undergone the procedure showed off how he could make a payment with it using his smartphone. Edgar Pons said he decided to have the radio frequency identification chip implanted because it contained credentials to open the door to his house. "It is super, for me, very useful, because I have an automatic house," he said, adding he was further motivated by the fact he could "withdraw it very easily, simply making a little cut and pressing it." As Pons was undergoing the procedure, Alex Rodriguez Vitello, a physicist, engineer, curator and explorer at Barcelona-based technology company Alpha, said: "The chip is the size of a grain of sand or two and it's covered in a material that is biocompatible so our body doesn't degrade it over time."

Anti-Semitic attacks on the rise in NYC

3 An Orthodox Jewish man walks past a security vehicle in Crown Heights on Monday. The historic Brooklyn neighborhood has witnessed a spike in assaults on Orthodox Jews in recent months, prompting fear among some that the neighborhood is regressing back to the 1990s when the streets of Crown Heights were the scene of riots and ethnic conflict.

GETTY IMAGES

BoA drops 'Merrill Lynch' name in rebranding effort

4 Bank of America Corp. is dropping the "Merrill Lynch" name from some of its businesses, phasing out a brand with a long history on Wall Street as part of a multiyear marketing effort, the lender said on Monday. The investment bank and capital markets business is ditching the 104-year-old name to become BofA Securities and its wealth management businesses will collectively be called Merrill, without the "Lynch." The individual units Merrill Lynch Wealth Management, Merrill Edge and Merrill Guided Investing will keep their names. U.S. Trust, Bank of America's private bank which caters to ultra-high-net-worth clients, will become Bank of America Private Bank, and Merrill Lynch Private Banking & Investment Group will become Merrill Private Wealth Management, dropping the "Lynch." In the past, rebranding has faced some opposition.

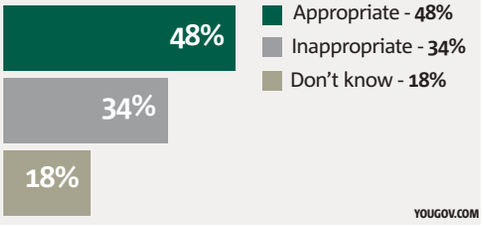
Russian TV lists US nuke targets after Putin warning

5 Russian state television has listed U.S. military facilities that Moscow would target in the event of a nuclear strike, and said that a hypersonic missile Russia is developing would be able to hit them in fewer than five minutes. The targets included the Pentagon and the presidential retreat in Camp David, Maryland. The report, unusual even by the sometimes bellicose standards of Russian state TV, was broadcast on Sunday evening, days after President Vladimir Putin said Moscow was militarily ready for a "Cuban Missile"-style crisis if the United States wanted one. With tensions rising over Russian fears that the United States might deploy intermediate-range nuclear missiles in Europe as a Cold War-era arms-control treaty unravels, Putin has said Russia would be forced to respond by placing hypersonic nuclear missiles on submarines near U.S. waters.

STATS

Spike Lee on 2020

In his Oscars acceptance speech for Best Adapted Screenplay for "BlacKkKlansman," Spike Lee said, "The 2020 presidential election is around the corner. Let's all mobilize. Let's all be on the right side of history. Make the moral choice between love versus hate." Do you think these comments were appropriate or inappropriate?



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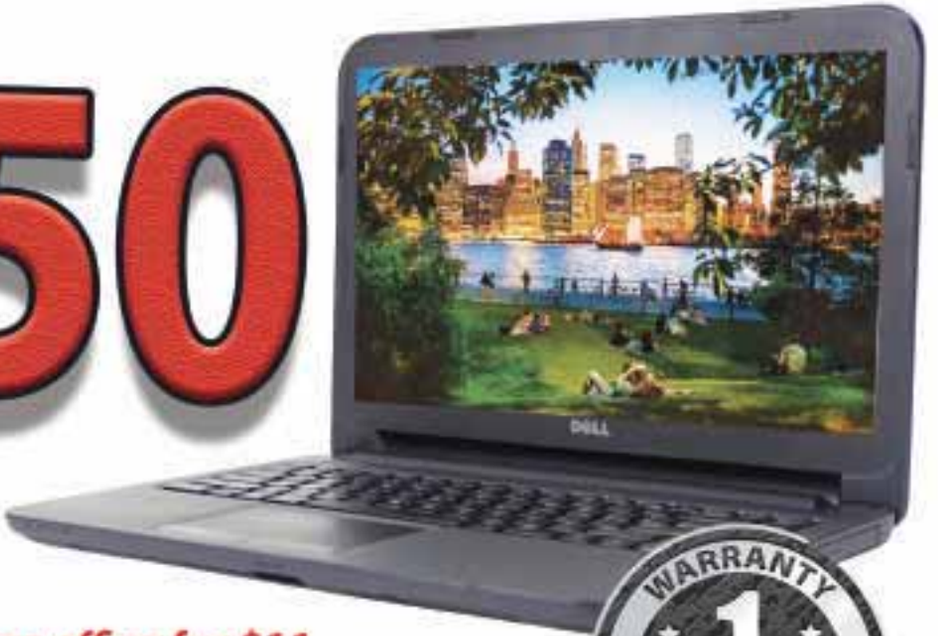

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Posted by Richard Brooks on Feb 23, 2018

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Jon Stewart joins first responders, families to call for 9/11 VCF funding

Federal fund set to drastically cut awards to those made sick by Ground Zero toxins.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

Jon Stewart, left, and 9/11 responder John Feal are interviewed in Russell Building while visiting Capitol Hill offices to call on Congress to make permanent the September 11th Victim Compensation Fund. CQ-ROLL CALL GROUP

Hundreds of 9/11 first responders, their family members and other supporters gathered in Washington on Monday to call for the September 11th Victim Compensation Fund to be fully financed, so that those harmed by Ground Zero toxins are able to receive financial support.

Jon Stewart was one prominent figure to visit Washington and call for support of the bill.

The Victim Compensation Fund (VCF) is running out of money, the special master overseeing the federal fund announced on Feb. 15, meaning that firefighters, police, EMS, construction workers and anyone else who was diagnosed with cancer or otherwise made ill by 9/11 toxins could see their compensation awards cut by 50 to 70 percent.

"This is more than just a New York issue," said LeRoy McGinnis, vice president of the FDNY Uniformed Firefighters Association union. There are now first responders and regular citizens who have been injured or made ill by those Ground Zero toxins in every state and all but one congressional district, he said.

McGinnis hopes the Monday call to action highlights the urgency of this issue, and pushes officials to fast-track a bipartisan bill that would fully fund the Victim Compensation Fund and also make it a permanent fixture.

"Every 9/11 for 17 years, all politicians want to stand next to first responders and say the phrase 'Haven't Forgotten' or 'Never Forget.' All over the country they do this, every state," he said, speaking by phone from Washington. "Well, here's their chance to back up that with some action."

The current act, passed in 2015, guarantees medical care for first responders until 2090, but does not provide the same length for monetary compensation, which helps with a slew of other burdens placed on these responders and their families.

The bipartisan bill, called the Never Forget the Heroes: Permanent Authorization of the September 11th Victim Compensation Fund Act, was introduced Monday by Sens. Kirsten Gillibrand, Chuck Schumer and Cory Gardner and Reps. Carolyn Maloney, Jerry Nadler and Pete King.

"When we needed them, they were there for us. So whenever one of our 9/11 heroes is diagnosed with a 9/11-related illness, we should be there for them," Gillibrand said in a statement at the initial news of the compensation fund cuts.

As of September 2018, at least 10,000 people had been diagnosed with cancer linked to 9/11, and many more were expected to get sick. The VCF cuts mean that some people are missing out on aid just because of cruel timing.

"People being diagnosed with what's considered 'World Trade Center cancer' are now applying for the fund and suddenly being told, 'If you would've been sick two years ago, you would've gotten more money,'" McGinnis said. "Now, because of timing, they're not going to get as much. There's obviously something wrong with that equation."

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Here's why

There is a medical clinic in New York City called ***NYC Pain MD***. Actually two of them… in different parts of the city. I'm not sure… but if I'm right… you may want to call them after reading this. If so, their phone number 877-907-2934.

Anyway... Here's What This Is All About

The doctors at *NYC Pain MD* have made a discovery of sorts. It's not a discovery as in they invented something new. It's a discovery about when and how they apply certain back pain treatments… that they have fine tuned… and perfected to get better results than they ever thought possible.

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You see, the real secret is the NYC Pain MD *formula*. And that again starts with a proper screening evaluation to determine if you are a good candidate and may achieve the results you are looking forward to. This is always Step Number One.

And what you'll really like is... this screening is FREE

That's right. *NYC Pain MD* offers this first step screening at no cost to patients. The only problem is… they often get over 100 inquiries a day as they also treat almost every painful area and joint. Sometimes its hard to get through. If you don't get through to someone when you call… keep calling… or leave a message... it will be well worth it.

This screening will give you so much relief just knowing what is going on… and what your best options are.

But that's just the first step

After your free screening, if you qualify, the doctors will discuss the best treatment plan for you in a way that you can understand completely. Not all complex "doctor talk".

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You should also know this: While *NYC Pain MD* cannot accept every case or help everyone… so many have finally gotten the pain relief they were looking for.

One of the reasons they offer those first step free screenings is because it has opened the door

NYC Pain MD **offers innovative treatments for back and neck pain using modern techniques without hospitals or surgical centers.**

to so many people that never would have gotten help otherwise.

At the very least, you will finally have some direction and a plan. And whether you have the best, worst or no insurance at all, *NYC Pain MD* programs can be made affordable to everyone

They do not want insurance issues… or *not* being rich or famous… to keep you away if you are suffering in pain.

There is a whole lot more I could say about their treatments etc… but this space is limited and that's best left for you and the doctors to discuss in person.

So… if you are even remotely interested… take the a first step give them a call at 877-907-2934.

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When you call, tell the scheduling experts you are calling for the special **"No Obligation Back Pain Screening Program".** They will know exactly what you need to do and will find the next available and convenient spot in our schedule. So again, just call 877-907-2934. The lines get very busy so if you do not get a live scheduling coordinator, make sure to leave your name, number and time of your call on our voicemail. They will get back to you as soon as possible. Again, the number to call is 877-907-2934.

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GETTY IMAGES

R&B star R. Kelly pleads not guilty to sexually assaulting teens

The Grammy winner was wearing an orange jumpsuit in court.

Grammy-winning R&B star R. Kelly pleaded not guilty on Monday to charges that he sexually assaulted three teenage girls and a woman in alleged incidents dating back to 1998, weeks after a television documentary leveled new accusations against him.

The 52-year-old performer, whose real name is Robert Kelly, is charged under a 10-count indictment with sexually assaulting three teenagers, with each count carrying a maximum of 10 years in prison.

Dressed in an orange jail jumpsuit, Kelly appeared in a Chicago courtroom before Cook County Associate Judge Lawrence Flood and spoke only to confirm his name. His lawyer, Steven Greenberg, entered a not guilty plea on Kelly's behalf.

Later Monday, Kelly walked out of the Chicago jail after posting $100,000 bond, according to reports.

Prosecutors say the victims include a teenager Kelly met when she sought an autograph during his previous trial on child pornography charges, another he met at her 16th-birthday party and his hairdresser, who was then 24. (The singer was acquitted of the pornography charges.)

A fourth charge is based on a videotape that purportedly shows Kelly and a 14-year-old girl engaged in sexual acts, according to prosecutors.

Kelly faced the child pornography charges more than a decade ago, at a trial where the victim did not testify. The new charges have emerged in a different environment, after the #MeToo movement made victims more willing to come forward and law enforcement more likely to believe them.

"Mr. Kelly has done absolutely nothing wrong...No one has showed *[sic]* us any evidence that he has done anything wrong."
Steven Greenberg, lawyer

Michael Avenatti, a lawyer representing two accusers, told reporters after Monday's hearing that he had turned over a second videotape to prosecutors earlier in the day.

The video was about 55 minutes long, dated from around 2000 and also showed a 14-year-old girl, though he did not make clear whether it was the same girl as in the first video.

"Mr. Kelly has done absolutely nothing wrong," Greenberg said. "No one has showed *[sic]* us any evidence that he has done anything wrong."

The charges against the performer came just weeks after the Lifetime television network aired the six-hour documentary series "Surviving R. Kelly," in which multiple women accuse him of sexual misconduct and abuse.

REUTERS

Oscar ratings improve slightly after dismal 2018: Reports

The U.S. television audience for the first hostless broadcast of the Academy Awards in 30 years rose slightly from last year based on preliminary tallies, according to reports from Hollywood trade publications on Monday.

Awards shows remain one of the few must-see live events and their ratings are closely watched by advertisers as streaming shows, movies and other content compete for watchers' attention. Though dwarfed by the Super Bowl, the Oscars are often one of America's most-watched non-sporting events.

Final audience numbers for the 2018 telecast on Walt Disney Co.'s ABC had been the Oscars' lowest ever. ABC owns broadcast rights for the Oscars through 2028.

Early metered market ratings for the 3-hour 20-minute telecast on Sunday were higher than comparable preliminary Nielsen results last year, Variety, The Hollywood Reporter and Deadline Hollywood reported.

Comedian Kevin Hart withdrew from the hosting job in December after past homophobic tweets resurfaced. It was only the second time the show went without a host in its 91-year history.

This year's ceremony dispensed with its traditional opening monologue skewering celebrities and politicians, instead relying heavily on the two music-themed contenders in the Best Picture race to help set the tone.

The telecast, which ran about 40 minutes shorter than the 2018 program, had a 20.1 rating in metered market households, up roughly 6 percent from 18.9 last year, Variety said. ABC will report updated numbers later on Monday.

The Nielsen data for the Oscars does not include viewing of the Oscars on digital and mobile platforms.

In 2018, the live Oscars show averaged 26.5 million total viewers, a record low and down from 32.9 million in 2017.

The 2019 Oscars were a win for films telling stories from a range of racial and cultural perspectives, marking a major shift three years after the industry's top awards show was slammed for overlooking work by nonwhite artists.

Road trip movie "Green Book" triumphed over "Roma" to win the Best Picture Oscar.

The audience for this year's Super Bowl, by far the most-watched American event of the year, drew 98.2 million viewers on CBS Corp.'s television network, down about 5 percent from last year's game and its smallest audience since 2009.

But the U.S. audience for this year's Grammy Awards on CBS rose slightly to 19.9 million. CBS said many millions more watched part of the highest honors in the U.S. music industry, or interacted, on social media. REUTERS

Some Oscar winners (left to right): Rami Malek, Olivia Colman, Regina King, Mahershala Ali. GETTY IMAGES

People walk past an Oscars sign near the red carpet area. GETTY IMAGES

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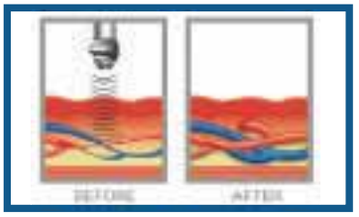

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ANALYSIS

TOM FOREMAN

A massive crowd, a red, white and blue parade, entertainment, thunderous fireworks high above the Lincoln Memorial; and to top it off, a speech by the man who dreamed up all this awesomeness, none other than President Donald J. Trump.

This is his newly crafted vision for the first week of July in D.C. this year — an extravaganza he is calling "Salute to America."

The problem is virtually no one can explain how this is different from any Fourth of July in the nation's capital, aside from the speech. Every year there is a parade, thousands and thousands of people, entertainment, and fireworks over the National Mall. Really big ones.

Yet in one of his latest tweets, the Patriot in Chief has said "HOLD THE DATE! We will be having one of the biggest gatherings in the history of Washington, D.C., on July 4th."

Let's set aside for a moment the notion of "holding" a date that is already highlighted on almost every calendar sold. Let's also brush off Trump's hyperbolic tendency to proclaim any crowd with him at the center as the largest gathering ever. You are still left with a question: What the heck is he talking about?

If you are generous, you might think he really does have some grander vision of what

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Fireworks explode over the National Mall as the U.S. Capitol (R) and National Monument (C) are seen. GETTY IMAGES

already exists. If you're being neutral, you might imagine he's never really experienced Fourth of July in D.C. enough to know he is describing long-standing traditions.

And if you are cynical, you might speculate that he is positioning himself to stand amid the annual throngs and proclaim himself the architect of their celebration — kind of like a fan rising in the stands of a crowded baseball stadium and shouting, "Look at all the people who came to see me!"

But I wonder if he's really just making a joke. After all, the last part of his tweet says the speech will be "by your favorite President, me!" And polls have told us for a long time that for most voters, that is a laughable claim.

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GETTY IMAGES

MTA holds open houses to discuss L repair plan

Straphangers and community members are invited to a series of open houses on the new L train rehabilitation plan.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

There have been a lot of changes to the L train renovation plan lately after the abrupt shutdown cancellation back in January.

Because of this, the MTA has announced four open houses in March and April for straphangers and community members to discuss the new project.

Since the new L train rehabilitation plan was announced, the MTA has been working on a revised construction schedule, the transit authority said in a statement, along with a new service plan to accommodate L train customers who will be impacted by the new night and weekend work.

Without the complete L train shutdown, officials have said that 100 percent of riders will now have "normal service during highest ridership time on weekdays." Officials have proposed other transit options for nights and weekends, including extra G, 7 and M train service, more M14A bus service and two new Williamsburg link buses.

Leaders of the MTA, New York City Department of Transportation, community boards and elected officials met on Feb. 13 and 14 about these updates, per the MTA. Now, the transit authority is inviting straphangers and residents to join the conversation.

The four L train rehabilitation plan open houses will be in Brooklyn and Manhattan from 6 to 8 p.m. on:
- Thursday, March 7, at Our Lady of Guadalupe at St. Bernard, 328 W. 14 St.
- Wednesday, March 13, at Williamsburg Northside School, 299 N. 7th St.
- Tuesday, March 19, at Grand Street Campus High School, 850 Grand St.
- Monday, April 8, at 14th St. Y, 344 E. 14 St.

"We have a plan for extra subway and bus service, free transfers and more, so customers can pick the best option for them."
Veronique Hakim, managing dir. of MTA

At these open houses, New Yorkers will hear updates on the proposed L train tunnel construction approach and progress on other efforts that are not changing (including the new elevators at Bedford Av, 1 Av and 14 St-6 Av stations), as well as details about the proposed L train service plan; get one-on-one trip planning help from MTA team members; and hear about other ways to navigate the L train changes.

MTA team members and NYC DOT will be present at the open houses. They can also talk to customers about the proposed M14 Select Bus Service.

"The revised approach to the L Project would be massively better for our customers, the vast majority of which won't experience changes in services," said Veronique Hakim, managing director of the MTA, in a statement.

March also marks the final testing phase of a new MTA system called OMNY, or One Metro New York. OMNY will modernize the New York City subway, officials say, with a new contactless fare payment system.

Contactless MetroCards have been in the works for a while, and the new technology will save straphangers time, per the MTA, and offer more ways to pay the subway fare.

In March, the MTA will undertake the final testing phase of OMNY. In May, according to the MTA, straphangers can begin to use a contactless card or smartphone to "tap and go" when boarding all Staten Island buses and at subway stations on the 4, 5 and 6 lines between Grand Central-42 St. and Atlantic Av-Barclays Center.

OMNY will continue to expand in the ensuing months, with the MTA aiming to fully phase out MetroCards by 2023.

Important Knee Arthritis Pain Alert

"Study Shows Simple Treatment Helps Avoid Knee Replacement Surgery For 3 out of 4 Worst Cases At Least 7.3 Years..."

Free Screenings* Offered At NYC Medical Clinic To See If You Qualify For This Proven And Effective Treatment. *Spots Are Limited Due To High Demand

NYC - What would it be worth to you if… in just 60 minutes… you could finally discover a way to get relief for your knee arthritis pain?

And…

How would it feel if you could wake up tomorrow morning and some... or even all your pain was gone?

And…

Wouldn't it be wonderful to start a brand new life and leave all your pain and suffering behind?

A life where…

…you jump out of bed in the morning, well rested and ready to take on the new day, without pain…

…you don't have to take slow, limping laps around your bedroom just to be able to walk every morning…

…you can go for walks, go up and down stairs and maybe even play sports like tennis and golf again…

…you can finally do all the things and enjoy life (just like everyone else) without constant, nagging pain…

Well… that's exactly what can possibly happen to you if you spend just 60 minutes with us…

…Because that's all it will take for one of our expert doctors to show you what we believe to be the safest, and most effective knee arthritis pain treatment there is…

I know you may find this hard to believe. Just about every one does when we tell them about this… *at first*.

But it doesn't take long for them to turn from skeptic to raving fan as soon as their pain improves so fast.

Do You Have An Open Mind?

So, I'm not asking you to believe me just yet. All I ask is you approach this and read the rest of this information with an open mind. If you give us a chance, we promise, you won't be disappointed…

Because There is Proof
Real medical proof.

Here it is. A leading Orthopedic Surgeon and knee pain expert was getting excellent results with this non-surgical treatment on his own patients. In fact, this study involved almost 2000 patients followed over 10 years.

And more specifically, he was getting amazing results the way HE was doing this treatment using high tech imaging for precise technique.. just like we do it..

And he wanted to prove... beyond a shadow of a doubt... the results he got .. were not only REAL.. they could most likely work for others just like you.

So he conducted some research, an 11 year project, and is was published in the "Journal of Knee Surgery".... a Real and REPUTABLE medical journal (A copy of this research is available on our website or by mail)

What were his results and what do they mean for your pain?

In this study he found that 75% of the severe knee arthritis pain patients he treated... and were facing knee replacement surgery... did not need to have knee replacement surgery... and were still OK 7.3 years later!

This is incredible news for you... and here's is why...

The patients in this study were Stage 4 knee arthritis. That's the most advanced and worst stage. These are the cases that are usually sent for knee replacement surgery.

These patients had also gone through the common medical treatments like pain and anti-inflammatory pills, physical therapy etc. and all that had failed.

So... these were the WORST cases of which every thing else had failed ... YET, after this treatment, 75% still did not need knee replacement even more than 7 years later.

And it gets better. The study only collected data up to that time. It is pretty safe to say that many may never need surgery.

Bottom line: This study clearly showed this treatment is safe and extremely effective even for even the worst cases.

So, even if you aren't one of the worst cases... imagine what it can do for you.

What IS This Treatment
And How Can You Find Out
If It Can Help You?

As studied as this treatment is.... you may have an "Oh No!" reaction. Why? Because there is a very good chance you have heard of it. You may have even given it a try... and NOT gotten good results.

That's because this treatment is actually pretty common now a days. But... and this is a very big BUT... there is a very specific way to apply this treatment (as done in the study) that makes it so successful. And many are NOT doing it this way.

So... please hear us out. This really might be the answer you are looking for.

Ok... here is the treatment and the full scoop on why it works so well... when done THIS WAY.

The treatment is called "viscosupplementation." It is frequently called, "gel treatment ." Or "joint oil".

In this treatment, a gel is painlessly injected directly into you arthritic joint . This lubricates the joint, reduces friction... and allows more movement without all the inflammation and "grinding" caused by arthritis. This is like putting oil on a rusty hinge. Once the oil is applied, the hinge can move must better.

But here is something you must know: In that research project, all of the procedures were done with highly advanced imaging to guide the injections and make sure the gel got into the joint space area ultra-precisely.

This is EXTREMELY important... because... research also shows that injections done WITHOUT this imaging to guide them... can miss the joint space about one third of the time.

That means, in one third of the injections, the gel wasn't in the joint space and couldn't possibly work!!!

We feel this is why so many people have tried this treatment and DIDN'T get good results like in the patients in this research.

So, if you have already had this treatment and it didn't work... was it done with this advanced medical imaging?

If not... there is still hope.

In fact, there is a very good chance you can still get relief.

Here is why: NYC Pain MD is a medical clinic located at 65 Broadway Suite 1004 New York, NY 10006.

We have physicians who focus in this treatment... and we use the advanced imaging to make sure the treatments

are extremely precise and get the best results possible.

In fact, we have a doctor trained at the University of Pennsylvania School of Medicine, Cornell University and even Harvard Medical School.

We have the best... but we also make treatments VERY affordable

Just because we offer the best possible treatments and doctors... doesn't mean we are so expensive only rich people can get our wonderful treatments.

While treatments may be covered by Medicare and some insurances... we also offer pricing plans for as little as $13.57 per week so patients can finally relieve their pain and try to avoid surgery.

We don't want lack of insurance or money to be the reason you continue suffering.

Your Special Invitation…

If you have knee arthritis pain... and are even just a little interested in finding out what this treatment can do for you... we are inviting you to come in for a FREE screening appointment.

Study shows this treatment was successful in 75% of knee arthritis pain sufferers... saving them from surgery for at least 7.3 years. Will it work for you? Find out for FREE

During this screening, you will get to talk to the doctor... ask questions... and find out if you qualify.

We will go over everything with you... and you will breathe a big sigh of relieve finally having real answers and a specific plan to to possibly relieve your pain.

We will leave no stone unturned... and we will help you any way we can.

Please understand this:

This treatment can possibly take away your pain...

No matter how long you've been suffering. It really doesn't matter. It may take a little more time if you've been suffering for years as opposed to a "new" case… but in the end… you can still get tremendous results . . .

No matter how bad or helpless you THINK your case is. Many of our patients thought their case was hopeless , too far gone, for anything to help them. Many of their previous doctors told them that. Well you're NOT. With this treatment… the way our expert doctors do it... there is *always* hope.

Most of our patients have told us we were their last resort. Last stop before packing it in and completely giving up and submitting to surgery. They soon found out that our treatments made it really easy to get relief… and, best of all…

You Get To See If You Qualify For FREE

That's' right. We want you to see EVERYTHING first hand and to prove to you... without a shadow of a doubt... we have the help for your knee pain that you are desperately wanting. And we want to do it without you spending a penny or risking anything to find out.

That's why we are offering you this free screening.

So my big question for you is – is the opportunity to wake up tomorrow morning… and every other morning for the rest of your life… with less pain… worth the 60 minutes it will take to be evaluated?

What else could you possibly do with that same 60 minutes that could have such a profound impact on the rest of you and your family's lives?

You know, it's really disappointing to me that so many people just go on living with pain when you don't have to. So many of patients tell us how they used to be in pain… just about every day.

They were is so much pain... they were grumpy and miserable all the time. They hated work. They're relationships were strained. Life was just one big struggle Now that they've discovered what we will reveal to you at your free screening… all that's changed…

Work and family have become rewarding and fun. Life is so much easier and better… in so many ways… without the pain. Finally, things start falling into place the way you always thought they would.

One of the best things or physicians and staff hear is "Hey doc since starting this program I've lost 17 pounds because now that I can finally move around pain-free the weight just keeps coming off!"

Which one of those amazing things I just mentioned would you like to happen to you… right now.

Maybe it's none of the things I've mentioned. But, you do have hopes and dreams. We all do. And pain robs you of the opportunity to live out those hopes and dreams. Robs you of the life you really and desperately want… and deserve.

Whatever YOUR personal hopes and dreams are…They are all possible if you take action… right now.

All you have to do is give this a chance and schedule for the screening . But then again…

What's also possible is that your pain starts getting worse. And that happens to so many people from just doing nothing.

Taking action may seem like a little work… or… it may even be a little scary for you – but not taking actions is almost always worse. The eight most dangerous words to your future, your health, and your hopes and dreams just may be…

It Will Just Get Better All By Itself!

Fact is... it may only get worse.

Here Is How To Get Your Free Screening...

Just call us at 877 380 8537 and tell the scheduling coordinator you want your free screening. If you are one of the first 50, it is 100% free. No obligation or strings attached.

There is NOTHING to pay for and you will NOT be stressed in any way . We don't ever do that. . You see, is not uncommon for us to get over 100 new patient calls in a single day.

Most are from word of mouth. But we wanted to open up this opportunity to as many arthritis pain sufferers as possible.

But because we get so many calls... we can only take 50 from what you are reading this month.

You have absolutely zero to lose and possibly everything to gain. But due to high call volume, we suggest you call now. **877 380 8537**

NYC PAIN MD

877 380 8537

Your company is probably flunking retirement planning

Phased retirement, which isn't common, can make sense for workers and employers.

NerdWallet is a personal finance website.

Plenty has been written about American workers' failure to plan adequately for retirement. Their employers seem to be doing an even worse job.

Only 1 in 10 large employers offers a formal phased-retirement program that lets workers cut back their hours or responsibilities before they quit work entirely, according to the 2018 Longer Working Careers Survey by professional services consultant Willis Towers Watson. Fewer than 1 in 3 of the companies surveyed offered their employees the option to work part-time or switch to a less demanding job, according to the survey, which polled 143 large U.S. companies that employ 2.9 million people.

Programs vary widely

Formal phased-retirement programs can take many forms. Examples cited in a 2017 report by the Government Accountability Office include:

• One program that allows workers who are at least 55 years old with 10 years of service to cut their hours by 20 percent with a 20 percent cut in pay, but keep health insurance and pension accrual benefits.

• Another that allows employees 60 and older with five years of service to reduce their hours by 20 percent to 50 percent, or even more if they're willing to lose their health insurance benefit.

• An employer that allows workers 55 and older with seven years of service to negotiate their own "glide path" to retirement, ramping down from full-time to full retirement while retaining benefits.

ISTOCK

• Yet another company that allows any employee to switch to less stressful or complex duties or phase to part-time work, retaining health insurance if they work at least 25 hours a week.

Employers that offer phased retirement typically say the plans are good for business, the GAO report found.

Phased retirement allows both the company and the worker to adjust over time, rather than scrambling to deal with an abrupt departure. Businesses can plan better since they know well in advance when an employee plans to leave, plus they can arrange for experienced workers to train or mentor younger ones, transferring years (and sometimes decades) of employer-specific knowledge.

"Otherwise, years of institutional knowledge could be walking out the door," says Susan Weinstock, vice president for financial resiliency programming at AARP.

For employers, retirement can drain talent and knowledge

Most employers realize retirement is a looming issue, with 83 percent of the large employers Willis Towers Watson polled saying significant numbers of their workers are approaching retirement age. In fact, 54 percent of employers believe the loss of talent from retiring workers will be more significant than other labor market risks in the next five years, the survey found.

Employers may not fully grasp, however, how many people may need to keep working because they haven't saved enough, says retirement trends expert Catherine Collinson, CEO and president of the nonprofit Transamerica Institute and Transamerica Center for Retirement Studies.

Employees can be afraid to ask

Another disconnect: Employers often think their employees aren't interested in more flexible schedules or phased retirements, because workers haven't asked. But employees may be afraid to inquire, lest they seem less than gung-ho about their jobs or get shoved out the door before they're ready, Collinson says.

"Employees may not want to tip their hands," she says.

Flexible schedules and phased retirements aren't panaceas, of course. For many, continuing to work simply won't be an option. The Employee Benefit Research Institute found that nearly half of workers retired earlier than they expected for reasons that included layoffs, health issues or the need to care for someone else.

This article was written by NerdWallet and was originally published by The Associated Press.

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ALL PHOTOS ISTOCK

Pat King
Grumble Editor

READER WRITE-INS:

READING CELLPHONES ON SUBWAY STEPS

I don't care if you spend every waking moment, indoors and out, looking at your cellphone. But please, don't delay the commute of hundreds of your fellow subway riders every day as you so slowly go up and down the steps with your face glued to your screen.

— Anonymous, *Metro US reader*

WALKING UP SUBWAY STAIRS

What I can't understand is that most people can't chew bubblegum and walk at the same time; now, they're trying to read their phone messages/text while walking up the subway stairs, slow and unsteady. Not to mention, what can be so important that can't wait until you reach the top of the stairs?

Perhaps we now need laws preventing people from walking and texting/reading, like what's in effect for drivers. Have we become a "digitalization nation"? Too stupid to do just the basic functions in life without a phone? Unbelievable!!

— Anonymous, *Metro US reader*

BLOW YOUR NOSE INTO A TISSUE!

What is with these people who blow their noses through their fingers — sans handkerchief — onto the sidewalk?

Disgusting! Not only do they spread their germs onto the sidewalk, but heaven help you if they shake your hand or squeeze the peaches on the fruit stand. There oughta be a law!!

— Anonymous, *Metro US reader*

VENT TO US!
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metro.us/horoscopes

Aries Expand your knowledge and think about the wisest ways to invest your money and time. Look for prospects that will benefit you, not someone else.

Taurus Refuse to let the drama going on around you slow you down or interfere with your productivity. If you stay focused, you will reap the rewards.

Gemini Be careful whom you trust. If someone paints a picture and makes a promise that tempts you, make sure you fully understand what you are getting into before you take part.

Cancer You've got this. Trust and believe in your skills, experience and knowledge to move forward with confidence. Participate in what works for you, not in what someone wants you to do.

Leo Look around you and consider who your friends are. If someone is trying to tempt you to do something indulgent, be strong and know enough to decline.

Virgo Think before you say something derogatory. Focus your criticism inward and work on being and doing your best. Make health and fitness priorities.

Libra Home improvements can be made, but first get the go-ahead from anyone who will be affected by the changes you make. Stay within budget to avoid criticism.

Scorpio Follow your heart and your dreams. Do things your way and put your energy into revamping your current living situation to suit your personality and lifestyle. Romance is in the stars.

Sagittarius Emotional confusion will set in if you believe everything you hear. Keep your thoughts and feelings secret, and focus on activities geared toward personal improvements, physical outlets and a healthier mindset.

Capricorn Make physical changes at home that are conducive to getting things done. Clearing a workspace or getting rid of items you no longer need or use is a good place to start.

Aquarius Look at all sides of an issue before you comment. If you act in haste, you will regret it. Refuse to let your emotions take charge and cause you to overreact.

Pisces Refuse to let emotions take charge. If you show someone that you are vulnerable, you can expect to be taken advantage of. Be strong and do your own thing. EUGENIA LAST

ALL PHOTOS AMAZON

Kal Penn's new show is like 'a New York Times article with jokes'

The actor talks hosting Amazon's "This Giant Beast That is the Global Economy."

ANDREW HUSBAND
drew.husband@metro.us

Though best known for films like "Van Wilder" and the "Harold & Kumar" series, actor Kal Penn has led a rather eclectic career as of late. He took time off from Hollywood to work for President Barack Obama's administration, then returned to acting on shows like "Designated Survivor." Now he's the host of a new topical documentary series on Amazon Prime.

The show, titled "This Giant Beast That is the Global Economy," features Adam McKay and Will Ferrell as executive producers and follows Penn along a series of interviews and field pieces meant to explain things like money laundering, rubber and artificial intelligence. The actor has hosted television shows and short documentaries before, but as he recalls to Metro, he almost turned down the chance to do "This Giant Beast."

"They reached out to me about a year ago," says Penn. "They said they were making a show about the global economy and were looking for a host. I told them they probably thought I was a lot smarter than I was in real life. I know nothing about the economy. There's no way I could host this show. But it turns out that's exactly what they wanted. They said they were looking for somebody with a natural curiosity that doesn't necessarily understand how these things work. They told me I was perfect, which made me think, 'Wait, are you calling me dumb?'"

"This Giant Beast's" producers weren't calling Penn dumb, of course, and once he signed on to host the show, he quickly realized just how much work was being put into it behind the scenes. Many of the topics for the series' eight episodes had already been chosen, and the producers were hard at work researching the finer details and securing interviews with noted experts. All Penn had to do was lead the charge on camera and interact with the various people who had agreed to participate.

Penn acknowledges, though, that the show is yet another instance of "infotainment." More often than not, the word is used to pejoratively describe film and television programs that educate audiences via entertaining means. But with similarly hybrid reality and documentary programs like "Patriot Act with Hasan Minhaj" and "Adam Ruins Everything," "This Giant Beast" is in good company.

"This is a show that is not a documentary series and not a reality show," he says. "It exists in this weird middle space between the two. Some people probably don't enjoy this kind of storytelling, as they'd rather watch something like 'CBS Sunday Morning,' which I'm a big fan of. The kinds of programs that present all the information to you and try to make you feel good. It's not as sardonic our show might be sometimes. But that's what I find so exciting and curious about shows like 'This Giant Beast.' It's like a New York Times article with jokes."

"Crazy Rich Asians" changed the game. WARNER BROS.

How 'Crazy Rich Asians' changed the movie industry

Mega producer James Lopez talks us through the impact of the romantic comedy.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

2018 was the ultimate proof that diversity in movies isn't just good for society, but it's actually profitable, too.

Not only did "Black Panther" become a culture phenomenon, but "Crazy Rich Asians" basically rejuvenated the romantic-comedy genre all on its own. While its haul of $174.5 million was only the 17th-highest-grossing movie of the year domestically, it was also the most successful rom-com of the last 10 years and the first film with a predominantly Asian-American cast in 25 years.

Its opening weekend haul of $35 million was $15 million more than even the loftiest of projections. But, in terms of box office, the most startling statistics came after this period, as its gross dropped just 6 percent in its second week, and then 10 percent in its third week. These were unprecedented numbers, and immediately made other Hollywood producers stand up and notice.

"I hadn't seen a movie do that in a long time," explains producer James Lopez, who didn't work on "Crazy Rich Asians," but did produce 2016's "Girls Trip," which followed a very similar path to box office glory.

Lopez believes that the success of "Crazy Rich Asians" will finally make Hollywood recognize the power of diverse casts.

"People want to see themselves in a good film. It shouldn't be a surprise that when you have the combination of a good film with a diverse cast, that not only do people from that community support it, but the general market supports it, too," says Lopez. "At the end of the day, a good movie is a good movie, no matter who is in it. Obviously you have to account for star power when it comes to box office success. But you're able to create a cultural movement when you cast a film a certain way. And that is what 'Crazy Rich Asians' was. It was a movement."

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Who Should Apply? Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

- Preference for a percentage of units goes to applicants with disabilities:
  - Mobility (5%)
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1 bedroom		$2,200	19	→	1 person	$75,429 - $95,030
					2 people	$75,429 - $108,550
2 bedroom		$2,600	3	→	2 people	$89,143 - $108,550
					3 people	$89,143 - $122,070
					4 people	$89,143 - $135,590

[1] Tenant pays for electricity including electric heat
[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: 824 East New York Apartments, c/o City5 Consulting, 1115 Broadway Ste 1026, New York, NY 10010**. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **April 8, 2019.** Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an appointment of eligibility to continue the process of determining your eligibility. Appointments are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **824 East New York Apartments c/o City5 Consulting, 1115 Broadway Ste 1026, New York, NY 10010**. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de 8 de abril 2019.

简体中文 访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**824 East New York Apartments, c/o City5 Consulting, 1115 Broadway Ste 1026, New York, NY 10010**。信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 2019 年 4 月 8 日。

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The semi-private spaces inside Teknopolis allow for more creativity. ALL PHOTOS REBECCA GREENFIELD

Find the artist within

Teknopolis is the art workshop of the future that puts you in touch with the creative side you weren't sure you had.

EVA KIS
eva.kis@metro.us

In the massive 21st-century digital art workshop Teknopolis, you're the star. The pop-up interactive gallery has taken over four floors of the Brooklyn Academy of Music's Fisher Building, bringing cutting-edge immersive experiences all about exploring your artistic side — even if you don't think you have one.

"They're getting people to dance, to create visual art, to create film, to make music, to immerse themselves in theatrical moments — it's exactly counter to the conception that technology keeps us static," says festival curator Steven McIntosh, who's also director of education and family programs at BAM.

"Teknopolis is all about play, activating the artistry that's latent in all of us, especially in adults who may not have much opportunity in their daily lives to play and explore."

Experiences range widely, and are meant to be enjoyed in two-hour sessions (tickets are timed so the exhibit never gets too crowded). Among the projects is a group experience called "VR-I" by Swiss artist Gilles Jobin where you may play as a different gender, ethnicity or race while performing a contemporary work alongside 80-foot-tall dancers. Others include building a pillow fort made of stars inside Cabbibo's "L U N E," painting with light in "Reflection Studies," immersing yourself in 360-degree virtual movies about the performing arts,

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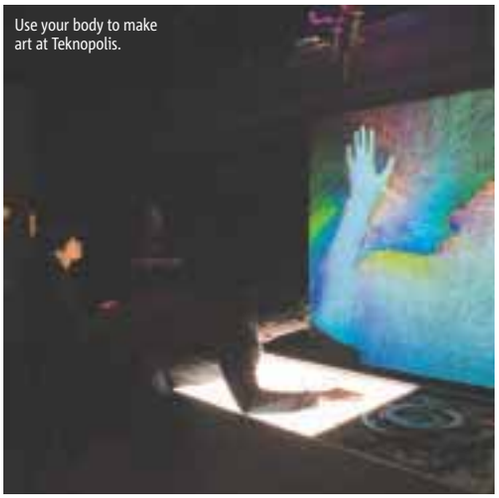
Use your body to make art at Teknopolis.

and making an ongoing "song" using the sounds of people who came before you from finger snaps to words at "Geometric Music."

The galleries themselves are designed with pockets of semi-private space to let you really feel free to use your body, and McIntosh chose experiences that allow creativity without the pressure of "getting it right."

Launched four years ago, Teknopolis was inspired by the technology that artists were using on BAM's stages to push the boundaries of theater, dance and music. "But this was largely experienced by our audiences from the seats," says McIntosh. "What Teknopolis enables us to do is take all this new media, interactive tech and instead of putting it onstage, we put it around our building and let our audience be the artists by interacting with it."

Teknopolis was also originally curated for kids, but this year has grown to include evening sessions and an expanded virtual reality area. "What we found with creative tech is, adults and young people are on similar planes," says McIntosh. Teknopolis is also a great date night idea, since shared activities are more meaningful for building relationships.

Even if you don't think you have a creative side, exploring it can only help. "This type of experience gives people the space to defy the conventions within themselves of what's possible," he says. "The internet is having a big impact on our lives, and I think the question is how we stay creative and not lose our ability as human beings to express ourselves."

Teknopolis is open Thurs-Sun now through March 10 at 321 Ashland Pl., Brooklyn. Tickets start at $21 for adults and $16 for kids up to 14, or $35/$45 with access to the virtual reality gallery, bam.org

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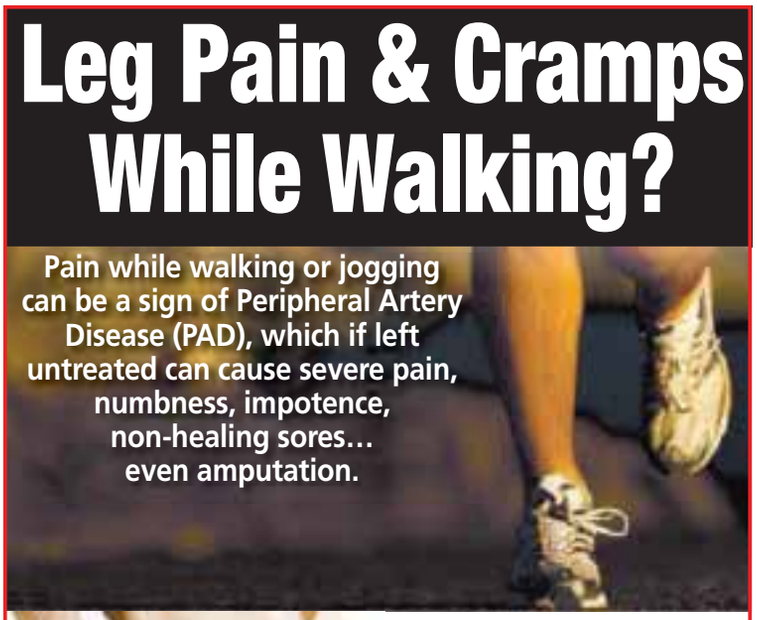
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HEALTH

What is vaginal scraping?

Metro highlights this and other procedures and products that completely eliminate taboos over female privacy.

LUZ LANCHEROS
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Vaginal scraping is done for symbolic reasons. There have been several cases featured in the media. Melanie B, former Spice Girl, announced that she would do a vaginal scraping to remove all "traces" of her ex-husband.

To learn more, Metro spoke with Dr. Lina Triana, surgeon and author of the book "Vagina Reborn: A Modern Woman's Guide to Vaginal Rejuvenation."

What is vaginal rejuvenation?

"We are removing the first layer of the mucous membrane, which is like the skin of the vagina, normally scratched naturally during menstruation," Triana explained. "It is more a symbolic procedure, because in reality a functional change is not being made. It is done for many reasons. For example, there are patients whose skin grows and they have bleedings. And that becomes annoying. So, the gynecologist scrapes those walls so that new and stronger skin is born. But this is if the skin of the vagina is thickened in an unnatural way."

Internal

Non-surgical interventions

Laser: "There are different types of lasers to be used inside the vagina.

ISTOCK

They are helpful in stimulating the production of collagen for the walls of the muscular part of the female genital tract. In some cases, depending on the device used, it increases the formation of new nerves. And this leads to stronger feelings during sex."

Radio frequency: "It also produces a heating for vagina walls, so that they get thicker to make room for better sexual gratification. With these devices it is possible to improve the mucosa, the skin of the vagina in women with menopause and those with lubrication problems," Triana explained.

Hyaluronic acid: "If it is placed on the vaginal walls, where the greatest number of receptors are located, we would be applying sensitivity receptors to the area. It is what is called amplification of the G-spot. Many say that it does not exist, but the truth is that there is a place in the vagina where there are more receptors. We are not narrowing the vagina, but improving sexual desire," she stated.

Surgical interventions

"Here we would use another type of laser to open the walls of the vagina and tighten the loose muscles. Why are those muscles loosened? For several reasons. Simply because of aging or gravity. It also happens very commonly after pregnancy. When the baby is inside the mother, her weight is also resting on the muscles that support the vagina. Since this is a long channel, if we remove that weight, the muscles will become loose. This means that during sexual intercourse, the woman can squeeze the vaginal walls less tightly and this causes less friction, so there is less sexual gratification," Triana confirmed.

External

These procedures seek to improve the aesthetic or functional part outside of the vagina.

"We are talking about the part of the mons Venus, which is a natural mattress of fat that we have over the lips of the vagina. Here we can work on several things: there are women who have it very thick and it can be noticed through tight clothes; or they have it too thin and it hurts while having sexual intercourse. There are other women who require it to be lifted. It is all about outer labia, or labia majora. It is thick when we are born. But when we grow old, it loosens up. We can cut it during a surgery when lips are too loose. Or perform non-surgical procedures, such as hyaluronic acid, to improve the tone, or apply radio frequency to shrink the skin. These lips can get dark and you can work with different types of lasers so that the skin clears little by little," she explained.

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BIOTRIAL

Rangers deal away Kevin Hayes, Adam McQuaid on deadline day

The Blueshirts continued to pick up future assets to close out the trade deadline.

JOE PANTORNO
joseph.pantorno@metro.us

The Rangers dealt Kevin Hayes (left) and Adam McQuaid (right) in the final hours of the NHL trade deadline on Monday. GETTY IMAGES

The New York Rangers were plenty active prior to the NHL's Monday trade deadline, trading second-line center Kevin Hayes and veteran defenseman Adam McQuaid.

Hayes was sent to the Winnipeg Jets, where the Rangers received a 2019 first-round draft pick, a 2022 conditional fourth-round pick, and 22-year-old winger Brendan Lemieux.

It was the second notable deal pulled off by the Rangers over the past three days after they sent fan-favorite Mats Zuccarello to the Dallas Stars on Saturday night. Zuccarello scored on his debut in Dallas on Sunday but suffered a broken arm that could hold him out for the remainder of the regular season.

Like Zuccarello, Hayes is set to hit unrestricted free agency this summer. At 26 years old and as one of the Rangers' best offensive talents, the Massachusetts native was more of a fit for management's vision of a youthful rebuild. However, Hayes' expected new contract this summer likely would have been seen as too rich a price for the Rangers.

With 14 goals and 28 assists this season (42 points), Hayes is on pace to shatter his former career-high mark of 49 points two seasons ago, which made him a prime power forward trade target for plenty of contenders as the trade deadline approached.

Now with the Jets, Hayes will likely slot into either the second or third line where he will be able to provide a boost to wingers like Kyle Connor, Nikolaj Ehlers and Brandon Tanev. While Hayes isn't the fastest or best skater, his power allows him to bully his way toward the net and open up space for his linemates, something the Jets are in desperate need of as their offense has fallen on hard times as of late ahead of the stretch run this season.

Dealing Hayes allows the Rangers to pick up another future asset to fuel the youthful rebuild. Adding Winnipeg's first-round pick provides the Rangers with a second secure selection in the top 31 this summer. New York could have as many as four first-round picks this year if the Tampa Bay Lightning win the Stanley Cup (from the Ryan McDonagh trade) and the Stars advance to the Western Conference Final (from the Zuccarello trade).

While the last name of Lemieux offers plenty of promise when looking at young NHL players, the newest Rangers doesn't have nearly as high a ceiling. In 44 games this season, the left winger has recorded nine goals and two assists. He's projected to be a lower-line forward the more he matures in the NHL.

An hour before the league's 3 p.m. ET deadline, the Rangers completed the deal to send McQuaid to the Columbus Blue Jackets in return for a 2019 fourth- and seventh-round pick. It was the same price the Rangers paid for McQuaid last season when they sent Steve Kampfer to the Boston Bruins.

Columbus also sent defenseman Julius Bergman, a prospect, to the Rangers in the deal.

The initial belief was that McQuaid could provide a veteran presence for a younger Rangers defense that features the likes of Brady Skjei, Neal Pionk and Anthony DeAngelo. After all, McQuaid was a member of the Bruins' 2011 Stanley Cup-winning side.

In reality, he encountered a lower-body injury that held him to just 36 games with the Rangers this season. He recorded two goals, three assists, and a plus-3 rating while playing in the Big Apple.

On the opposite side of this deal, the Blue Jackets continue their spending spree while further draining their draft assets. Trades for Matt Duchene, Ryan Dzingle, Keith Kinkaid, and now McQuaid have seen Columbus give up a possible six draft picks. For a team that let Ian Cole walk during last offseason, the Blue Jackets were searching for some depth and added physicality on their blue line. McQuaid provides just that as general manager Jarmo Kekalainen is clearly in "win-now" mode.

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Islanders 'stood pat' at trade deadline

The Metro leaders opted to forego acquiring offensive help.

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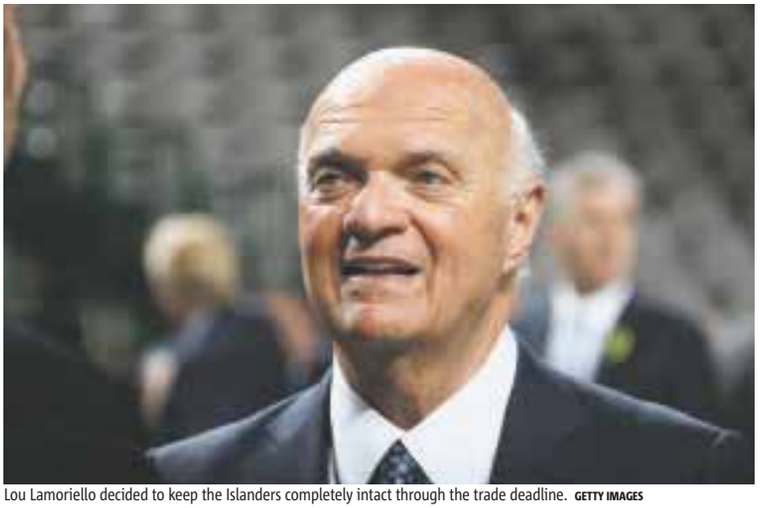

Lou Lamoriello decided to keep the Islanders completely intact through the trade deadline. GETTY IMAGES

Once believed to be buyers, the New York Islanders were quiet at the NHL's Monday trade deadline, opting not to make a single move to try and upgrade their Metropolitan Division-leading roster.

"We stood pat," president of hockey operations Lou Lamoriello simply said.

It's much of the same from an organization that is under new leadership in Lamoriello. The Islanders have not made a notable move at the trade deadline since 2007, when they acquired Ryan Smyth from the Edmonton Oilers.

Smyth played just 18 regular-season games plus a first-round postseason series before signing the Colorado Avalanche the following offseason.

Lamoriello's inactivity indicates that the Islanders were comfortable enough moving forward with the current group that has unexpectedly gotten them to the top three of the Eastern Conference. The structure instituted by first-year head coach Barry Trotz has seen New York display the best defense — behind stellar goaltending — in the NHL after having the league's worst unit last year.

The Islanders' largest issue has been its offense, which is among the worst in the East. Only two teams in the conference have scored fewer goals than the Islanders while their power play is ranked 24th in the NHL at just 16.9 percent.

While Lamoriello is known for keeping his cards close to the vest, the Islanders were linked with some of the biggest names on the market, including Matt Duchene, Artemi Panarin, Mark Stone and Mike Hoffman.

Duchene joined Panarin in Columbus with the Blue Jackets while Stone was sent to the Vegas Golden Knights and Hoffman stayed in Florida with the Panthers.

Steep asking prices for each player, three of whom will be unrestricted free agents this summer, seemed to be reason enough for the Islanders to hesitate. Giving up a first-round pick in 2019 would have left them with no draft picks until the fourth round this summer.

A prospective deal also would have forced Lamoriello to part with young, blue-chip talent like Kieffer Bellows, Oliver Wahlstrom, Noah Dobson and even Josh Ho-Sang.

Instead, the Islanders are seeing two veterans return from injury in forward Andrew Ladd and defenseman Thomas Hickey.

Ladd, who has underwhelmed throughout his seven-year contract, has plenty of Stanley Cup experience, winning a pair of titles with the Carolina Hurricanes in 2006 and the Chicago Blackhawks in 2010. He is expected to slot in beside Mathew Barzal on the Islanders' second line, which has been forced to roll out perennial fourth-liner Tom Kuhnhackl lately.

When healthy and on his game, this can be a 20- to 25-goal scorer. The Islanders will hope Ladd can produce that kind of output besides their best playmaker in Barzal.

Hickey is poised to step in for Scott Mayfield — who is having a career year — for Tuesday night's game against the Flames.

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NOTICE OF SALE

SUPREME COURT:
QUEENS COUNTY.
MEDISYS EMPLOYEES FEDERAL CREDIT UNION, Pltf.
vs. NARENDRA PERSAUD, et al, Defts. Index #3435/14.
Pursuant to order confirming referee report and judgment of foreclosure and sale dated Aug. 21, 2018 I will sell at public auction at the Queens County Supreme Court, 88-11 Sutphin Blvd, Jamaica, NY, in Courtroom #25, on Friday Mar. 8, 2019 at 10:00 a.m. prem. k/a 114-19 131st St., South Ozone Park, NY 11420. Said property located on the easterly side of 131st St., 172.32 ft. southerly from the corner formed by the intersection of the southerly side of 114th Ave. with the easterly side of 131st St., being a plot 100.37 ft. x 24 ft. Approx. amt. of judgment is $60,010.67 plus costs and interest. Sold subject to terms and conditions of filed judgment and terms of sale. ELIZABETH GILL, Referee.
THE MARGOLIN & WEINREB LAW GROUP LLP,
Attys. for Pltf.,
165 Eileen Way Suite 101,
Syosset, NY 11791
#96381

NOTICE OF FORMATION of Real Kind LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 11/21/2018. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 243 Jersey Ave., #402, Jersey City, NJ 07302. Purpose: Any lawful act or activity.

NOTICE IS HEREBY GIVEN that a license, Number 1313910, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 401 E. 62nd Street, New York, NY 10065. New York County, for on premises consumption. Farah Foods Inc. d/b/a Anatola Mediterranean Cuisine.

NOTICE IS HEREBY GIVEN that a license, Serial # 1313116, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at the 236 Ave. U, Brooklyn, NY 11223. Kings County, for on premise consumption. 236 Ave U Cafe Corp.

NOTICE IS HEREBY GIVEN that a license, Serial # 1316189, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at the 181 Orchard St., New York, NY 10002. New York County, for on premise consumption. Pub 138 Inc.

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LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT,
COUNTY OF QUEENS,
NATIONSTAR MORTGAGE LLC, Plaintiff, vs. JAHMAL MILLS A/K/A JAHMAL J. MILLS, ET AL., Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly filed on January 28, 2019, I, the undersigned Referee will sell at public auction at the Queens County Supreme Court, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on March 22, 2019 at 10:00 a.m., premises known as 134-03 Cheney Street, Jamaica, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 12986 and Lot 00063. Approximate amount of judgment is $661,384.08 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 704707/2013. Martha Taylor, Esq. Referee
Knuckles, Komosinski & Manfro, LLP,
565 Taxter Road, Suite 590,
Elmsford, NY 10523,
Attorneys for Plaintiff
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GAMES

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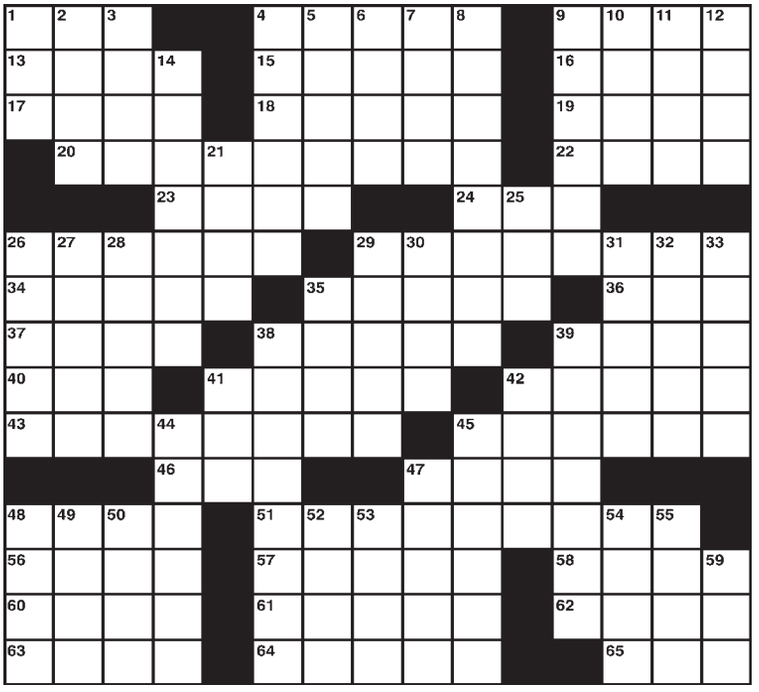
ACROSS

1 Occupation
4 Throbbed painfully
9 Up in __; irate
13 Regrets
15 Transparent
16 Ooze out
17 Part of a wineglass
18 Rib
19 Scorch
20 Forte
22 Friendly nation
23 Plunder
24 J. Edgar Hoover's agcy.
26 1950s teen idol Frankie
29 Clear broth
34 Book leaves
35 Damp
36 Lamb's mother
37 Elderly
38 Cries
39 Window glass
40 Gallop
41 Bodies of water
42 Didn't throw away
43 Restrained with a rope
45 Foyt & Unser
46 Ending for harp or ball
47 Kimono fabric
48 Casual farewell
51 Helper
56 __-the-top; outrageous
57 Part of the face
58 Equipment
60 Perished
61 Rush forward suddenly
62 Apiece
63 Probability
64 Stopped
65 Boxing ref's decision

DOWN

1 Yrbk. section
2 Pitcher's delights
3 Toot the horn
4 "Lights, camera, __!"
5 Shoe bottom ridge
6 Make well
7 Vane direction
8 Actor Richard
9 Attack
10 Virginia __; lively dance
11 Lunch or dinner
12 Agile
14 Reeked
21 Pigeon cries
25 In just a __; soon
26 Take __; undo
27 Obscure; unclear
28 Insurance seller
29 Curtsied
30 Picasso's paints
31 Go away
32 Proprietor
33 Has to have
35 "__ hay while the sun shines"
38 Tiny sea creature with a hard shell
39 Parcel
41 Zodiac sign
42 Table seasoning
44 Stockpiles
45 Took a chance with
47 Prolonged attack
48 Commotion
49 Enthusiastic
50 __ off; angry
52 Have nothing to do with
53 __-off; going-away party
54 "Cool!" in past decades
55 __ on; attach
59 Letter from Greece



BY TCA

metro.us/wordsearch

M	A	N	I	N	B	L	A	C	K	
H	Y	E	N	X	Q	A	E	O	W	
T	N	X	Z	J	Q	N	C	U	G	
Y	N	B	Z	H	I	O	E	N	S	
H	H	F	C	L	E	S	I	T	K	
R	O	S	E	J	Z	R	P	R	Q	
K	J	H	A	C	O	E	I	Y	P	
Z	T	F	U	C	O	P	L	F	N	
W	A	L	K	R	L	Z	L	O	L	
T	S	I	R	A	T	I	U	G	K	

Cash
Country
Fire
Guitarist
Hurt
Johnny
Man in Black
Personal
Piece
Rhythm
Ring
Rock
Sue
The Line
Walk

metro.us/wander

Category: Video Game

	N	D	O
R	A	T	T
G	E	H	U
	F	T	A

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metro.us/sudoku

	4		3	7	1	2		
8	7	5	4		2		3	
			5	9	8		4	
7	3						9	
		2	1		9	3		
	5						6	2
	9		6	1	4			
	2		7		5	6	1	9
		1	9	2	3		7	

Yesterday's Answers

	O	N	A		S	P	U	D	S		S	L	O	W
S	P	E	D		H	A	N	O	I		H	O	M	E
K	E	G	S		U	N	I	M	P	R	O	V	E	D
I	N	A		S	T	E	V	E		O	V	E	N	S
		T	A	L	U	S			C	U	E			
S	L	I	P	U	P			L	O	S	S	E	S	
L	E	V	E	R		P	E	A	C	E		N	U	T
A	V	I	D		P	L	A	Z	A		S	T	I	R
Y	E	S		G	L	O	R	Y		V	E	R	N	E
	E	M	P	L	O	Y			R	E	N	E	G	E
			R	O	T			P	A	N	D	A		
C	A	R	O	B		F	L	U	I	D		T	A	P
A	B	O	V	E	B	O	A	R	D		S	I	G	H
B	L	U	E		A	R	I	S	E		H	E	E	D
S	E	T	S		A	D	D	E	R		E	S	S	

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